



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Northwest Family YMCA
770-423-9622 • www.YMCAPASS.com

January 9-March 31, 2012

Updated Dec 30,2011

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MON	8:15-9:10am	Weight Training	Mona B	Studio
	9:00-10:15am	*Hatha Yoga/Stretch	Kimberly	Com Room
	9:15-10:10am	Cardio Kickbox	Dawn	Studio
	10:15-11:10am	Pilates Fusion	Sue	Studio
	10:30-11:30am	*Fit Senior	Kimberly	Com Room
	11:10-12:00pm	*Zumba®	Aimee	Studio
	5:00-6:00pm	Bootcamp	Don H/Ann	Studio
	6:00-6:50pm	Body Sculpt/Chisel	Jan	Studio
	7:00-7:50pm	Gentle Yoga/Pilates Stretch	Linda	Studio
TUES	7:10-8:00am	*Hatha Yoga/Stretch	Kahlil	Studio
	8:10-9:00am	Cardio/Chisel	Jenn R	Studio
	9:00-9:55am	Cardio step/ Mix	Vickie	Studio
	10:00-11:00am	Total Body Conditioning/ Abs	Tammie	Studio
	11:15-12:15pm	*Lite Yoga/ Low Impact Cardio	Kimberly	Studio
	5:00-5:50pm	Pilates	Kimberly	Studio
	6:00-6:50pm	*Hatha Yoga/Stretch	Kimberly	Studio
	7:00-7:50pm	Cardio Kickbox	Margaret	Studio
WED	7:30-8:00am	*Gentle Sculpt	Lisa S	Studio
	8:00-9:00am	Body Balance/Pilates	Jen S	Studio
	9:00-9:50am	*Hippy Shake	Vickie	Studio
	9:30-10:20am	Pilates Fusion	Sue	Comm Room
	10:00-10:50am	Cardio Mix/Sculpt	Jan	Studio
	10:30-11:30am	*Fit Senior	Jenn R	Com Room
	11:00-11:50am	*Zumba®	Jeanette	Studio
	4:10-5:00pm	Kettlebell Sculpt	Melissa B	Studio
	5:00-5:50pm	Bootcamp	Don H/Ann	Studio
	5:50-6:30pm	Body Sculpt Express	Jan	Studio
	6:30-7:30pm	*Zumba®	Aimee	Studio
THUR	7:10-8:00am	*Hatha Yoga/Stretch	Kahlil	Studio
	8:00-8:55am	Cardio Mix	Vickie	Studio
	9:00-9:55am	Body Sculpt	Mona	Studio
	10:00-10:50am	Power Pilates	Tammie	Studio
	10:30-11:30am	*Fit Senior	Mary Kay	Com Room
	11:00-11:50am	Total Body Conditioning	Tammie	Studio
	5:10-6:00pm	Cardio Mix	Jenn R	Studio
	6:00-6:45pm	Cross Training	Andy	Studio
	6:45-7:45pm	*Zumba®/Masala Bhangra	Beth	Studio
FRI	8:00-8:40am	Cardio Mix Express	Jenn R	Studio
	8:40-9:30am	Pilates Fusion	Jenn R/Christy	Studio
	9:15-10:15am	*Hatha Yoga/Stretch	Kahlil	Com Room
	9:30-10:30am	Body Sculpt	Shayna	Studio
	9:45-10:30am	Jump/Abs	Don	GYM
	10:30-11:20am	*Zumba®	Aimee	Studio
	11:25-12:15pm	*Stretch/ Low Impact Cardio	Jan/Andrea	Studio
	4:30-5:30pm	Cardio Mix	Sarah	Studio
	5:45-6:40pm	*Zumba® (family)	Aimee/Joanna	Studio
SAT	9:00-10:00am	Body Sculpt	Jenn/Vickie/Jan/Margaret	Studio
	10:00-11:00am	Cardio Kickbox	Margaret	Studio
	11:00-12:00pm	*Zumba®	Melissa M	Studio
SUN	3:00-4:00pm	Cardio Sculpt	Sarah/Vickie	Studio

Facility members, ages 12 and older (unless otherwise noted), may choose to attend any of our group exercise classes as a benefit of membership. Please wear proper footwear & athletic attire when attending any fitness class.

Class Descriptions

Note: Group exercise classes incorporating dance are geared for cardio workouts, and not dance training.

Any class with a * next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information about Fitlinxx or THE COACH APPROACH- An Exercise Support Process®, please contact

Melissa, Elizabeth or any fitness staff!
770-423-9622 ext. 369
Aerobics Questions
Ask for Jennifer
At ext 369

BODY SCULPT: Tone and sculpt your muscles from head to toe by using the dumbbells, exercise tubing, and/or the Resist-a-ball.

BOOTCAMP: Kick it up a few notches with this high energy anything goes camp like format!

CHISEL: Extreme body Sculpt. Train upper and lower body at the same time! Uses small spurts of cardio to really crank up the calorie burn!

CARDIO SCULPT: Get both your cardio and sculpting workout in one class!

CARDIO MIX: Step, Kickbox, Hi Low, Cardio Dance...We change the formats to keep it fresh and fun! Some will add weights to intensify your training.

CROSS TRAINING: High Intensity, varied training multi modal with strength and aerobic phases. Sure to leave you tired but wanting more.

***FIT SENIOR:** Various Exercise designed for seniors utilizing bands, dumbbells and small balls, some cardio involved.

***HATHA YOGA:** A form of exercise that works both the physical and mental aspects of the body, incorporates isometric exercise with flexibility & mat work in a rejuvenating & relaxing low impact class.

HI DEF/WEIGHT TRAINING: If you are serious about weight training & determined to work hard, this is the class for you. Using specialized equipment, moves our instructors will lead you right into fitness bliss. Once you attend, you won't want to stop.

***HIPPIE SHAKE:** All about the ABS! Try this belly dance style with some floor moves and shake it!!

KETTLE BELL SCULPT: Utilize a kettlebell for a fun and unique workout that incorporates strength, cardio, and core components, as well as enhances coordination. Limited number of kettlebells available: feel free to bring your own kettlebell or substitute a dumbbell for most exercises.

MASALA BHANGRA: It is an exercise dance class that uses Bhangra dance (folkdance from India) with the exhilaration of Bollywood style dance. A mix of cardio and fun that is suitable for participants of all ages!

CARDIO KICKBOX n ABS: Basic, safe, and realistic kickboxing moves and abdominal conditioning. Though the workout is intense, it is simple to follow and is easily modified to any fitness level.

***LOW IMPACT CARDIO/STRETCH:** Great for beginners or those who like basic yoga and low impact cardio moves.

TOTAL BODY BOOTCAMP: Cross-train with boxing, kickboxing, and martial arts techniques. Must have ability to work in medium to heavy impact class, punching, kicking and some physical contact.

***PILATES/FUSION:** Exercise which emphasized the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

***EXPRESS CARDIO:** If you are short on time, come get your heart pumping for 30 minutes. This class moves quickly, so come focused and ready to work!

TOTAL BODY CONDITIONING: High intensity from beginning to end. Great for improving both cardio and strength components.

***ZUMBA:** A fun easy to follow aerobic dance class! Has Salsa, merengue, and top 10! Learn all different styles and have FUN!
You do not have to have coordination or rhythm to have fun here! There are 4 different moves per song so anyone can follow and enjoy!

